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**SDSU JOINT DOCTORAL PROGRAM IN CLINICAL PSYCHOLOGY UCSD**

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October 1996

TO: Users of Self-Efficacy Surveys for Diet and Exercise Behaviors

FROM: James F. Sallis, Ph.D.

RE: Scoring of scales

Enclosed are copies of abbreviated versions of the Self-Efficacy and Eating Habits Survey and Self-Efficacy and Exercise Habits Survey. The titles have been made more appropriate for users. These brief scales were designed to be more practical than the original, complete scales reported in Health Education Research.

First, code "8's" and blanks as "missing values."

The two factors for the Self-Efficacy and Exercise Habits Survey should be scored as follows:

Sticking to it: mean items 22, 23, 25, 26, 28 - 31

Making time for exercise: mean items 21, 24, 27, 32

The four factors for the Self-Efficacy and Eating Habits Survey should be scored as follows:

Sticking to it: mean items 1 - 5

Reducing calories: mean items 6 - 10

Reducing salt: mean items 11 - 15

Reducing fat: mean items 16 - 20

Reference:

Sallis, J.F., Pinski, R.B., Grossman, R.M., Patterson, T.L., and Nader, P.R. (1988). The development of self-efficacy scales for health-related diet and exercise behaviors. **Health Education Research**, 3, 283-292.

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## EXERCISE CONFIDENCE SURVEY

Below is a list of things people might do while trying to increase or continue regular exercise. We are interested in exercises like running, swimming, brisk walking, bicycle riding, or aerobics classes.

Whether you exercise or not, please rate how confident you are that you could really motivate yourself to do things like these consistently, *for at least six months*.

Please circle one number for each question.  
How sure are you that you can do these things?

	I know I cannot	2	Maybe I can	4	I know I can	5	Does not apply
21. Get up early, even on weekends, to exercise.	1	2	3	4	5	(8)	
22. Stick to your exercise program after a long, tiring day at work.	1	2	3	4	5	(8)	
23. Exercise even though you are feeling depressed.	1	2	3	4	5	(8)	
24. Set aside time for a physical activity program; that is, walking, jogging, swimming, biking, or other continuous activities for at least 30 minutes, 3 times per week.	1	2	3	4	5	(8)	
25. Continue to exercise with others even though they seem too fast or too slow for you.	1	2	3	4	5	(8)	
26. Stick to your exercise program when undergoing a stressful life change (e.g., divorce, death in the family, moving).	1	2	3	4	5	(8)	
27. Attend a party only after exercising.	1	2	3	4	5	(8)	
28. Stick to your exercise program when your family is demanding more time from you.	1	2	3	4	5	(8)	
29. Stick to your exercise program when you have household chores to attend to.	1	2	3	4	5	(8)	
30. Stick to your exercise program even when you have excessive demands at work.	1	2	3	4	5	(8)	
31. Stick to your exercise program when social obligations are very time consuming.	1	2	3	4	5	(8)	
32. Read or study less in order to exercise more.	1	2	3	4	5	(8)	

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Office use only

1. English   
  2. Spanish   
 Date: Entered   /   /     
 Coder:

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